WHAT'S FRESH: WEEK 8– AUGUST 7, 2019

BLUEBERRIES® Sidhu Farms, Puyallup
Refrigerate and wash just before eating. If freezing, put berries on a baking sheet to freeze then all together in a bag in the freezer.

BEETS® Lee’s Fresh Produce, Kent
Store unwashed beets in a plastic bag in the crisper drawer of the refrigerator.

RAINBOW CARROTS® Garden Flowers, Puyallup & Snohomish
Cut off carrots tops and store separately. Store unwashed carrots in the refrigerator.

SWEET CORN® Amador Farms, Yakima & Zillah
Store corn with husks on in a bag in the refrigerator. Or blanch them in boiling water before you freeze them.

HEIRLOOM TOMATOES (full share)® Xai Cha Farm, Duvall
Store tomatoes on their shoulders in a paper bag on the counter, in a single layer if possible. It’s best to only refrigerate tomatoes if you must immediately slow down the ripening process to prevent rot.

BASIL (full share)® Green Cuties, Carnation
Cut the ends of the basil stems off and put into water, like you would flowers. Or remove leaves from stems and place on a paper towel – roll up the paper towel and refrigerate. For freezing, blanche basil then freeze or simply place it in the freezer.

LETTUCE (full share)® Mariposa Farm, Everson
Keep lettuce in the crisper drawer. Keep a paper towel in the bag; wash just before eating.

SPOTLIGHT ON: Rainbow Carrots
- Beta and alpha carotene in orange carrots promote vitamin A production, which is essential for healthy eyes
- Yellow carrots contain xanthophylls for a strong reproductive system.
- Heart- and brain-healthy lycopene in red carrots is a powerful cancer fighter
- Purple carrots are rich in anthocyanins, a pigment that can help improve memory, enhance vision, and act as an anti-inflammatory.
- All carrots are rich in vitamin C, which stimulates the activity of white blood cells and is one of the most important elements in the human immune system. Eat a rainbow!

MEET THE PRODUCER: Cyrus Saffron

Darush and Nicole of Cyrus Saffron started growing saffron out of curiosity on their property in Chelan, Washington. As the third generation of a saffron-farming family, Darush recognized that the soil and climate of Chelan was similar to that of his native Iran, and was excited when the crop worked.

They now use their 40 acres to grow a mix of saffron and barberries, both important elements of Iranian cuisine. The crops are grown within the natural Eastern Washington landscape, without removing native plants. Crocus stamens are harvested by hand with help from the whole family, and air dried before packaging.

Check out Cyrus Saffron in the online add-on store, daily at Pike Place Market, and at the Pike Place Farmers Markets at City Hall or Denny Regrade on Tuesdays and South Lake Union on Thursdays.

GROWING PRACTICES KEY
©No Spray ◇Certified Organic ◆Integrated Pest Management
FEATURED RECIPE: Beet and Blueberry Bruschetta
ADAPTED FROM: girlgonegourmet.com
SERVES: 12 bruschettas

INGREDIENTS
- 1 bunch beets
- 1 cup blueberries
- 1/4 cup Olive Oil
- French Bread
- 1 tsp balsamic vinegar
- Basil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup feta cheese (optional)

DIRECTIONS
1. Preheat oven to 425 degrees.
2. Dice beets and drizzle olive oil over them. Then cover with tin foil and roast for 40 min – until they are tender.
3. Slice French bread, brush each slice with olive oil, put on a baking sheet and turn the oven to broil. Broil the bread until golden brown – keep an eye on them!
4. In a large bowl whisk together the balsamic vinegar & 1 tsp olive oil. Add beets, blueberries, salt & pepper. Let chill.
5. When ready to eat, top each bread slice with beet/blueberry mixture; sprinkle with basil and feta (if desired) and enjoy!

FEATURED RECIPE: Carrot and Sweet Corn Pakoras
ADAPTED FROM: Waitrose.com

INGREDIENTS
- 2 corn on the cob
- 2 carrots, coarsely grated
- 5 salad onions, finely sliced
- 1 green chili, finely sliced
- handful cilantro leaves, chopped, plus a few extra to serve
- 2 tsp garam masala
- 2 tsp whole cumin seed or powder
- 3/4 cup flour
- 1½ tsp salt
- oil, for frying

DIRECTIONS
1. Simmer the sweet corn in boiling water for 6 minutes. Remove, cool a little, then slice off the kernels and mix with the carrot, salad onion, chili, cilantro, spices, flour and salt, plus a good grind of black pepper. Stir together until it can be made into balls (add 4–5 tsp water if it’s dry)
2. Pour oil into frying pan and let heat up.
3. Make small balls of the mixture with your hands.
4. Place the balls into the fry pan, on medium heat for 2–3 minutes, turning, until golden.
5. Place pakoras on a paper towel to remove excess oil.

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